

38th Annual

Governors Conference on Aging

May 9th, 10th and 11th 2006
Colonial Red Lion Inn - Helena, Montana

*Sponsored by;
The Governor's Advisory Council on Aging*

Aging

If it isn't your issue now...

/t will be.

7:30 to 8:30 Morning refreshments by:

ST Vincent Healthcare Gold Advantage and Deaconess Billings Clinic Senior Life Partners

MEDICARE Part D Enrollment

Meadow Lark Room

During the conference RMDC, AAA IV SHIP counselors will be enrolling Medicare Part D eligible individuals.

8:30 to 10 General Session and Welcome

Capitol & State Rooms

Presentation of the Colors and Flag Folding Ceremony, Montana National Guard.

Welcome Jim Smith, Helena Mayor.

Chuckie Cramer, Chair, Governor's Advisory Council on Aging.

Percy Divine, Administration on Aging, Denver.

Joan Miles, Director, Department of Public Health and Human Services.

Bryce Hammond, Experience Works, Montana's Outstanding Oldest Worker Award.

10:00 Coffee Break Sponsored by AARP - in the Atrium

10:30 to 12:00 General Session

Capitol & State Rooms

Constitutional Initiative 97 (CI-97). How Will it Impact You?

An informative discussion about CI - 97. Of interest to all senior citizens, service providers and advocates in that it may be on the November ballot. Carol Hedges of the Colorado Fiscal Policy Institute will present information about how this initiative will negatively impact services. Representative Scott Mendenhall (invited) of Clancy will present supporting information for the initiative.

12:00 to 1:30 Luncheon

Executive, Legislative and Judicial rooms



Chrysti the Wordsmith

Is a delightful two-minute audio interlude produced in the studios of KGLT-FM in Bozeman Montana, on the campus of Montana State University-Bozeman. Her series explores the rich and ever-changing words in our English language -- the history behind them, how we use and how we change them. Each vignette is a journey into word derivations through a myriad of languages, legends, customs and cultures. Often, the trail winds through surprising territory.

1:30 to 3:00 General Session

Capitol & State Rooms



The Montana End of Life Registry

The state has launched an online database for living wills that will be accessible to doctors and hospitals 24 hours a day through a Web site or by telephone. It will allow doctors anywhere in the world access to the information on the wishes of Montanans who are involved in an accident that prevents them from expressing their desires. Montana Attorney General Mike McGrath.

3:00 Coffee Break Sponsored by NorthWestern Energy - in the Atrium

3:30 to 5:00 Sessions

The Alzheimer's Caregiver: Understanding, Coping, Surviving

Capitol Room

Understanding the disease process and helping the caregiver understand: forgetfulness - what is normal, what is not! maintain your brain program; identifying stressors; coping, surviving, thriving and the importance of taking care of yourself !! Cindy Stevick, Board Member Alzheimer's Association, Montana Chapter. Repeated Wednesday 3:30

Who Receives Your Property When You Pass Away?

State Room

Do you know who will receive your property when you pass away? Attend this session to see how solely owned, joint tenancy, and tenancy in common property is distributed under contract law and provisions of Montana's Uniform Probate Code. Learn when a written will has control and when it doesn't. Learn about how you can avoid probate with payable on death designations (PODs), transfer on death designations (TODs), and other beneficiary designations. Explore methods of distributing items that do not have title such as jewelry, dishes, and heirlooms. Learn how your heirs inherit under "right of representation". Find out what the "right of an elective share" for the surviving spouse means. Explore why a will and trust go hand in hand. Presenter is Marsha A. Goetting, MSU Extension Family Economics Specialist.

3:30 to 5:00 Sessions Continued

Sleep Well Tonight for a Better Tomorrow

Executive Room

Sleeplessness is a severe problem that can be dangerous if it goes untreated. Insomnia can lead to exhaustion, which can lead to accidents. Often, difficulty sleeping is a warning sign of an underlying health problem. People who routinely have trouble falling asleep need medical attention. Many sleep disorders such as obstructive Sleep Apnea, Restless Legs, Periodic Limb Movement Disorder, and Narcolepsy all have symptoms of daytime tiredness. People who spend an adequate amount of time in bed at night, but still feel tired during the day, may have a sleep disorder. Neurologist Thomas Mulgrew, M.D., of Medical Specialists of Helena, and Julie Walker, St. Peter's Hospital Sleep Disorders Center Coordinator.

Have Increased Energy Costs Gotten You Down?

Legislative Room

Do you or someone you know need help reducing or help paying the bill? Come and hear about some options that are available. Learn about our energy assistance programs, things you can do to conserve energy, and current energy-related issues in Montana. Rachel Haberman, Energy Share of Montana; Jim Nolan, Department of Public Health and Human Services; and Howard Skjervem, NorthWestern Energy.

Transportation Coordination Exchange

Lewis Room

This session will provide an opportunity for senior centers and others involved with the new local transportation coordination process to exchange information on what their local groups are doing as well as get input from the Department of Transportation staff. Pat Saindon, Rural Transportation Specialist.

EVENING ON YOUR OWN.

7:30 to 8:30 Morning refreshments by:

ST Vincent Healthcare Gold Advantage and Deaconess Billings Clinic Senior Life Partners

MEDICARE Part D Enrollment

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8:30 to 10 General Session and Welcome

Capitol & State Rooms

Chuckie Cramer, Chair, Governor's Advisory Council on Aging.

Montana Legislative Health and Human Services Committee

Christine Kaufmann (D)—Chair invited, Rep. Penny Morgan (R)

Sen. John Cobb (R) invited, Sen. Greg Lind (D) invited

The Legislative Process And How You Can Make A Difference.

Kris Larson, Census and Economic Information Center.

10:00 Coffee Break Sponsored by SHIP, State Health Insurance and Assistance Program, and AIM\$, Advocates In Medicare \$avings - in the Atrium

10:30 to 12:00 Sessions

Family Caregiving: Talking about Change

Capitol Room

Caregiving for an aging family member is stressful. Roles are altered or reversed and family interactions change. Talking about these changes is difficult. This presentation will focus on the changes that occur in families as the result of caregiving and suggestions on how to communicate more effectively so that the caregiver receives the support he or she needs.

Sandra J. Bailey, Ph.D., CFLE Montana State University.

Catastrophic Debt

State Room

Could this happen to you? Even with the best insurance, wise shopping, and attempting to live within in their means, seniors can sometimes find themselves falling into financial breakdown will little income coming in. Rising medical costs and insurances with limited coverage are some of the examples of what seniors face in the world today. Will you leave a spouse and/or family with a mountain of debt? What are the warnings signs? Can you avoid it, are there methods to survive and overcome it? If you think it could never happen to you, you have missed the first warning sign. Robert Larson, Education Director for Consumer Credit Counseling Service of Montana will provide helpful insight and tools to prevent seniors from sinking into catastrophic debt.

10:30 to 12:00 Sessions Continued

The White House Conference on Aging Report

Executive Room

The White House Conference On Aging's purpose is to make recommendations to the President and Congress to help guide national aging policies for the next ten years and beyond.

The 2005 WHCoA focused on the aging of today and tomorrow, including 78 million baby boomers who began to turn 60 in January 2006. Montana's representatives to the Conference will report on their experiences and the recommendations that were made.

Financial and Retirement Security: When to Start, What to Do! Legislative Room

Planning for retirement can be a daunting process. Women generally live longer and earn less than men; achieving financial security in retirement can present a number of challenges. This workshop will focus on a number of issues women should consider as they plan for their financial future and retirement, including Social Security, other retirement income and how to pay for health care beyond Medicare. Financial planning can take many forms as a person moves through their working years. The presenters will discuss how to develop a financial plan to provide for financial security in retirement. Janet Witt, MS, RD, National Committee to Preserve Social Security & Medicare and Janet Hedges, Financial Consultant Raymond James.

Managing Your Meds: Tips for Safe and Effective Medication Usage Judicial Room

Pharmacist Julene Shea of St. Peter's Hospital in Helena will offer information on improving medication outcomes, reducing adverse medication events / side effects, and reducing medication costs. She will provide tips on how to take charge and become an active player in one's own medical care with the main focus being on medications and how to more effectively manage taking them.

Overview Of The 2005 State Of Aging Report

Lewis Room

This session will discuss the findings of the survey that was conducted last year with senior centers. It will highlight commonalities and differences amongst centers and offer time for centers to share information on problems and successes. Doug Blakley, Aging Services.

12:00 to 1:30 Luncheon

Executive, Legislative and Judicial rooms

The State of Aging from AARP and The National Committee to Preserve Social Security and Medicare perspectives and the announcing of the Mini-Grant Awards.



Max Richtman, VP
Committee to Preserve
Social Security and
Medicare



Bob Bartholomew,
AARP Montana

1:30 to 3:00 Sessions

Parenting the Hurt Grandchild

Capitol Room

Grandparents Raising Grandchildren. More and more grandparents are being called upon to parent their grandchildren. Many of these children are difficult to parent as they have experienced great losses and may harbor anger towards their parents for not being able to care for them. This presentation will focus on parenting the hurt child and strategies for managing behavior. Sandra J. Bailey, Ph.D., CFLE Montana State University

Advance Directives

State Room

Failure to plan and make your end of life wishes known can cause great trauma and expense for your loved ones. The recent Terry Schiavo case which went through the national news, the Supreme Court, and Congress is an excellent example. Find out what went wrong with the Schiavo case and how you can avoid it by attending the Advance Medical Directives seminar put on by the Legal Services Developer program's attorney, Lou Villemez.

Staying Safe on the Internet: Avoiding Spam, Spyware & Phishing Gallery Room

If you want to be safe while on the Internet this is the presentation for you! You'll get important information on how to avoid common threats that can cost you time, money and your identity. You'll learn how to limit unwanted junk mail (Spam) while still getting mail from friends and family. Find out how to get FREE software that will prevent Spyware from revealing all your personal information to people on the Internet. Understand which are fake emails that if responded to, people can steal all your money and worse! A special Question and Answer session will help answer all those Internet question you have. This session is for people who want to enjoy the Internet while being safe. Brad Smith, RN, MCNSP, CISSP is a nationally recognized computer security professional who has worked with computers since 1972. His energetic style and extensive knowledge make this a session for anyone who wants to be safe on the Internet. Repeated at 3:30.

Computer Based Menu Reviews

Lewis Room

This hands-on session will provide a step by step demonstration of how to use the *Food Processor* nutrition analysis software for menu reviews at the senior center. This software can be used to ensure that center meals are meeting the federal nutrition requirements. The software will be available free over the Internet for senior center use. Marni Stevens, Aging Services Nutritionist.

3:00 Coffee Break Sponsored by: HUMANA Atrium

3:30 to 5:00 Sessions

The Alzheimer's Caregiver: Understanding, Coping, Surviving Capitol Room

Understanding the disease process and helping the caregiver understand: forgetfulness - what is normal, what is not! maintain your brain program; identifying stressors; coping, surviving, thriving and the importance of taking care of yourself !! Cindy Stevick, Board Member Alzheimer's Association, Montana Chapter. Repeat from Tuesday.

Probate Made Easy State Room

This section will begin with explaining what a Probate is, what are considered Probate assets and when is opening a Probate necessary. You will be provided with an overview of the appropriate steps and procedures required by law to probate an estate. You will also be provided forms to fill in to assist you with this process. You will be walked through the Probate process from beginning to end. You will be instructed on how to provide a stepped up basis on certain assets, i.e. the home. Tammie Fagan is a Senior Paralegal for a law firm and serves as the lead person of the Paralegal section of the State Bar.

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Legislative Issues Impacting Seniors Legislative Room

An informal workshop presentation of interest to senior citizens, service providers and advocates by the Advocacy Director and key lead volunteers for AARP Montana. The session will outline key issues impacting seniors in Congress as well as the key issues being considered for the 2007 Montana Legislature. Claudia Clifford, AARP Montana.

Sessions Continued Next Page

3:30 to 5:00 Sessions Continued

Waterworks: The Nitty Gritty on Dry Eyes

Judicial Room

Ophthalmologist Thomas Berbos, M.D., of Mountainview Eye Clinic in Helena, will speak about who gets dry eyes, what causes dry eyes, and how they are treated.

Nutrition Standards for Senior Centers

Lewis Room

This session will cover in depth how to keep our seniors well nourished through the use of the Nutrition Screening Initiative screening tool and recent menu updates. Marni Stevens, Aging Services Nutritionist.

7 p.m. Classical Guitarist Jack Sanders

State Room

Admission is free with your Conference name badge



Soloist, chamber musician, and teacher, Jack Sanders' performances have included the Sitka Summer Music Festival, Kapalua Music Festival of Hawaii, Arrowhead Bach Festival, and solo appearances with numerous orchestras, including the Illinois Chamber Orchestra, Chamber Orchestra of Santa Fe, Modesto Symphony, Orange County Chamber Orchestra and South Coast Symphony. He has performed with the St. Petersburg, Colorado, and Angeles String Quartets, the vocal group I Cantori, and the contemporary chamber ensemble XTET. Radio appearances have included NPR's nationally broadcast "West Coast Live."

An accomplished luthier, Mr. Sanders builds classical and flamenco guitars, as well as historic reproductions of vihuelas and 19th Century instruments. A faculty member of Pomona College since 1980, he has also taught guitar-building courses at California Institute of the Arts and Pomona College. He received his BFA and MFA degrees from California Institute of the Arts, and has served on the Board of Directors of the Guitar Foundation of America since 1995.

We are very lucky to have Mr. Sanders at the Conference and would like to thank Randy Barrett for his assistance in arranging for him to be here.

8:30 to 10 Sessions

Handling Challenging Behaviors of Victims with Dementia

Capitol Room

Defining the behavior, Is the behavior a problem? Why is the behavior a problem? How can the care giver adjust to the person/victim with dementia. Karen Townsend-Fried, Board Member of MT Chapter of the Alzheimer's Association.

InvestSmart Montana: Scams, Swindlers, and Bingo

State Room

Investment fraud happens every day, to our neighbors and friends, and accounts for more dollar injury than any other fraud in Montana. Let's review the scams that are happening in Montana and learn how to recognize them. How to check out your brokers, investment advisors, and investment companies to ensure that they are properly licensed and are legitimate businesses. We will also play InvestSmart Bingo. And this bingo game has a twist. You are still playing for fun and a chance at some great prizes but you are also learning how to be a smart and savvy consumer. Jennifer Kirby, Investor Education Coordinator, Montana State Auditor's Office

One Life, Many Choices - Modern Funeral Practices

Legislative Room

When a loved one dies, the family must make many decisions in a very short period of time. The days immediately following a death in the family are some of the most stressful anyone will ever experience, yet dealing with death is not something most of us are prepared or trained to do. Your most common questions and decisions are answered in this stimulating presentation of modern funeral practices, in one of the most comprehensive programs of its kind ever produced. Irene Dahl, Dahl Funeral Chapel, Bozeman & other local funeral directors.

What's Up With the Older Driver?

Judicial Room

Presenting current information from around the world about older drivers and what's up in Montana for what is currently involved in an evaluation of an older driver. Gary has been providing driving evaluations in Bozeman for the past two years and has been developing a comprehensive driving evaluation program. Gary Lusin, PT, MS, ATC, CSCS, Advanced Performance and Rehabilitation Services, Bozeman. Repeated at 10:30.

Keep Montana Walking Program

Lewis Room

This will be an active, interactive session that will outline the statewide ten week walking and stretching program sponsored by AARP. In addition to having fun, all participants will receive a pedometer and a theraband to use during the session and take home so you can continue the good start you obtained during this session. This program can be replicated around at centers the state. Del Lonquist, AARP.

10:00 Coffee Break Sponsored by:
Highgate Senior Living, Great Falls

Atrium

10:30 to 12:00 Sessions

What's Up With the Older Driver?

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Frauds, Cons, Spammers, Swindlers, and Down Right No Good Cheats State Room

An overview of common frauds and scams that target the elderly (and to be honest, everyone). This presentation will also cover what you can do to protect yourself and your loved ones from this kind of financial tragedy. Cort Jensen Assistant Attorney General, Consumer Protection Office, Dept of Justice.

The Red Hat Society

Gallery Room

The Society is a women's movement changing the perception of aging women in the United States and around the world. This growing organization of women is uniting under the umbrella of a Red Hat to have fun and bond in sisterhood as they travel through life together. Today's presenter, Karen Semple, Queen Mother of Big Dorothy's Daughters in Helena, will lead a panel discussion on the social benefits and basic how-to's of this unique outreach to women "as they boogie forth into old age." www.redhatsociety.com

Senior Centers Best Practices

Lewis Room

This session will provide an opportunity for senior centers to meet with peers and state staff to share successes and best practices, bring up dilemmas or problems centers are facing and to review any issues that came up during the conference. Charlie Rehbein, Janet Myren, Doug Blakley of Aging Services.

Medicare Prescription Drug Plans - Q & A

Clark Room

Are you confused about the new Medicare Prescription Drug plans? Do you still need information before you enroll in a plan? Do you think you may be eligible for financial assistance to purchase a prescription drug plan? This session will include brief overviews of Medicare Part D, Medicare Fraud and Extra Help, with plenty of time for questions and discussion. Kimme Evermann/Montana SHIP Director, Julie Galstad/Montana AIMS Director, Andrew Hudson/Public Affairs Specialist-Social Security Administration.

12:00 Centenarian Luncheon



Lt Governor John Bolhinger will be recognizing Montana's Centenarians, several of which have accepted our invitation to attend the luncheon.

In recognizing our Centenarians we intend to raise the public's awareness of their many contributions to Montana and their steadfast resilience when saying "yes" to time. Centenarians are the most rapidly growing age group in the nation.

Although many Centenarians are unable to physically attend our recognition event, it is still a time for the community and the State to celebrate their lives, their rich individuality and to reconfirm their many contributions to our heritage.

photos of Centenarians here
Wayne Allen 103 FT Benton

Helen Angelbeck 104 Havre

Ida Barbknecht Langdon 101 Bozeman
Attending the conference

Caroline Downs 100 Butte

Lillian Overend 101 Roundup
Attending the Conference

Everett Smith 100 Polson

Mary Tanner 103 Ft Benton

Myrtle Wilson 100 Chinook

Thank you to the following members for their time spent advocating for Montana's seniors.

Chuckie Cramer Chair, Helena.

Pat Ludwig, Chester

Clayton Croff, Billings

Vern Klingman, Billings

Julie Ebzery, Billings

Toni Hagner, Havre

Beverly Barnhart, Bozeman

Eloise England, Heart Butte

George Erickson, Bozeman

Lynwood Tall Bull, Lame Deer, (No Photo),

Wesletta Bransletter, Billings

Conference Tracks

Tracks have been set up for individuals who like to follow a certain subject throughout the Conference, they are as follows:

Alzheimer's - All are in the Capitol Room

Tuesday - The Alzheimer's Caregiver: Understanding, Coping, Surviving

Wednesday - Family Caregiving: Talking about Change. Parenting the Hurt Grandchild. The Alzheimer's Caregiver: Understanding, Coping, Surviving.

Thursday - Handling Challenging Behaviors of Victims with Dementia. What's Up with the Older Driver?

Legal - All are in the State Room

Tuesday - Who Receives Your Property When You Pass Away?

Wednesday - Catastrophic Debt. Advance Directives. Probate Made Easy

Thursday - InvestSmart Montana: Scams, Swindlers, and Bingo. Frauds, Cons, Spammers, Swindlers, and Down Right No Good Cheats

Senior Center - All are in the Lewis Room

Tuesday - Transportation Coordination Exchange

Wednesday - Overview Of The 2005 State Of Aging Report. Computer Based Menu Reviews. Nutrition Standards for Senior Centers.

Thursday - Keep Montana Walking Program. Senior Centers Best Practices

Self Care and General Interest Sessions - Various rooms

Tuesday - Sleep Well Tonight for a Better Tomorrow. Have Increased Energy Costs Gotten You Down?

Wednesday - The White House Conference on Aging Report. Financial and Retirement Security: When to Start, What to Do! Managing Your Meds: Tips for Safe and Effective Medication. Staying Safe on the Internet: Avoiding Spam, Spyware & Phishing. Legislative Issues Impacting Seniors. Waterworks: The Nitty Gritty on Dry Eyes. 7 p.m. Classical Guitarist Jack Sanders

Thursday - One Life, Many Choices - Modern Funeral Practices. The Red Hat Society. Medicare Prescription Drug Plans - Q & A.

In Recognition of Montana's Centenarians

These 63 are who we know that have attained the age of 100 plus

Theresa Walker	Lamebull	Harlem	110	Ruth M.	Armstrong	Culbertson	100
Walter	Breuning	Great Falls	109	Harriet	Bagley	Miles City	100
Lovetta	Roseth	Great Falls	107	Gen	Bridger	Lewistown	100
Mignon	Tadsen		107	Florence	Carter		100
Gus	Blomstrom	Great Falls	105	Margaret	Carter	Miles City	100
Ruth Burene	Buhmann	Chinook	105	Rev. Milton	Cookston	Lewistown	100
Robert	Graham	Absorokee	104	Mabel	Dean		100
Edna	Pilgrim	Wolf Point	104	Norma Cronk	Dickson		100
Helen	Angelbeck	Havre	103	Ann	Dippy	Malta	100
Lucille	Bressler	Havre	103	William	Dyba	Miles City	100
Barbara	Donahue	Great Falls	103	Edna	Galle	Butte	100
Fred	Hanson		103	Margaret	Grennon	Glasgow	100
Mabel A.	Stordahl	Conrad	103	Ruth	Grimshaw	Polson	100
Wayne	Allen	Fort Benton	102	Mathias	Heser	Wolf Point	100
Louise	Fleming	Forsyth	102	Lydia	Hofferber		100
Lillian	Hutter	Culbertson	102	Knut	Hoverston	Sidney	100
Hilegard	Jones	Plentywood	102	Katie	Hunsel		100
Willis	Kroll	Lolo	102	Dorothy	Hutchinson	Miles City	100
Esther	Larsen	Plentywood	102	Anne	Jermyme	Plains	100
Gladys	Morrison	Missoula	102	Charles	Loendorf	Wolf Point	100
Myrtle	Nelson	Belgrade	102	Laura	McMullin	Sidney	100
Mary	Tanner	Fort Benton	102	Evaline	Mitchell	Belgrade	100
Marion	Arnold	Billings	101	Carlot	Nellermoe	Miles City	100
Elmina	Cook	Fairview	101	Lillian	Overend	Roundup	100
Marie	Dickinson	Scobey	101	Myrtle	Peterson	Miles City	100
Ida	Langdon	Bozeman	101	Marie	Roseleip	St. Ignatius	100
Christ	Lund	Glasgow	101	Martha	Sickels	Plains	100
Alice (Tiny)	Riley	Helena	101	Everett	Smith	Polson	100
Ethel	Storm	Chester	101	Elezabeth	Zappelli	Billings	100
Marie	Teeples	Bridger	101	Lucille	Anderson	Cut Bank	99
Myrtle G.	Wilson	Chinook	101	Caroline	Downs	Helena	99
Ruth Belle	Armstrong	Culbertson	100				

Some thoughts on Aging:

Though it sounds absurd, it is true to say I felt younger at sixty than I felt at twenty. Ellen Glasgow (1873 - 1945)

Age to me means nothing. I can't get old; I'm working. I was old when I was twenty-one and out of work. As long as you're working, you stay young. When I'm in front of an audience, all that love and vitality sweeps over me and I forget my age. George Burns (1896 - 1996)

There is no old age. There is, as there always was, just you. Carol Matthau